

# THE BEAR FACTS

JUNE 2017

Vol. 10 Issue 6

## POP-UP TRIP! TO THE MOVIES!

### Century Rio 24 Movie Theater



We will be at the theater from 11:00am to 3:00pm giving you enough time to choose from a variety of films and grab a bite from the Theatre's upscale menu or, for the adventurous, at one of the restaurants adjacent to the theater complex.

Available films will be listed a week prior to the trip and are sure to be an exciting mix of drama, romance, and comedies.

Cost:               \$ .50 for transportation  
                       \$5.00 for theater ticket

## RESTAURANT OF THE MONTH



### EL PATRON RESTAURANT & CANTINA

MONDAY, JUNE 12<sup>TH</sup>  
& TUESDAY, JUNE 13<sup>TH</sup>

*Clip out and present the coupon below and 20% of your bill is donated to Friends of Bear Canyon in support of the Center.*

*While you can forward this to friends and family, please do not pass out extra coupons at restaurant. It is unfair to expect the restaurants to provide a 20% donation from all patrons.*



**El Patron**  
**Mexican Restaurant & Cantina**  
**10551 Montgomery, NE**

Monday, June 12th  
& Tuesday, June 13th

Bring this coupon and El Patron will donate 20% of your bill to the Friends of Bear Canyon

## Free Root Beer Floats in honor of Father's Day!



**Thursday, June 15th**  
**Noon - 1:00pm**

**Sponsored by Genesis**

**Entertainment by the Bear Tones**



CITY OF ALBUQUERQUE  
DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



## City of Albuquerque



**Richard J. Berry, Mayor**

### Department of Senior Affairs

Jorja Armijo-Brasher, Director  
Rhonda Methvin, Mgr. Recreation Div.

### Bear Canyon Senior Center

4645 Pitt NE; Albuquerque, NM 87111  
Phone: 505-767-5959  
Fax: 505-767-5964

### Hours of Operation

Monday	8 am—5 pm
Tuesday	8 am—5 pm
Wednesday	8 am—5 pm
Thursday	8 am—9 pm
Friday	8 am—5 pm
Saturday	9 am—3 pm
Sunday	Closed

### Staff

Kyle Kemp, Center Manager  
Anita Hamel, Program Coordinator  
Sally Bartos, Office Assistant  
Pauline Clements, Program Assistant  
Barbara Lucero, Program Assistant  
Madeline Velasquez, Cook  
David Martinez, Kitchen Aid  
John Sanchez, General Service  
Kelly Trujillo, General Service

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

**Advertising Disclaimer:** Businesses that advertise in this newsletter are not endorsed by Bear Canyon Senior Center, the Department of Senior Affairs, or the City of Albuquerque



[HTTP://WWW.BEARCANYONCENTER.COM](http://www.bearcanyoncenter.com)

## FROM THE MIND OF THE MANAGER

Welcome to Summer,

You have probably noticed that this month's newsletter is two colored. This month we have included a pullout section of all the trips, presentations, classes, and special events scheduled at Bear Canyon Senior Center through December 2017.

What a crazy month of May! I want to thank Anita, Sally, Pauline, John, Kelly, and Barbara for making Food Truck Friday, Older American's Day, Mother's Day, and the Kick-off to Summer Luncheon a complete successes. Thank you also to the wonderful volunteers who assisted them and, without whom our center would grind to a screeching halt, especially Millie, Shirley, Karen, Ruth, Greg, Gloria, Gene, and Ron.

Speaking of Ron Mansoldo, be sure to congratulate him on being honored with the 2017 Lifetime Achievement award by the Department of Senior Affairs. He was presented with the award by Steve Stucker at the DSA Volunteer Breakfast at the Hotel Albuquerque.

Thanks also to Bill and his friends for sharing their classic cars with us on Older American's Day, and Donald for making our Mother's Day event so special through his gift of music.

The initial movie matinee was a great success and so be sure to join us on June 20th for **My Cousin Vinny** starring Joe Pesci and Marissa Tomei in the role which won her the Oscar.

The POP-UP trip to the zoo demonstrated the need for similar trips and so we have scheduled additional trips to the movies and the Isotopes for you and your friends in June.

My continued thanks to all of you for your support and encouragement. As always, my door is always open or you can stop me in the center for a quick chat.

*Kyle Kemp*

### Pardon Our Dust - June 5th through June 8th

New security cameras will be installed from June 5th through 8th to enhance our member's safety. While the plan is for the Center to operate as usual, there may be times when you see ladders, wire, and tools. The new system will add cameras at each of the doorways, the parking lot, and in some of the meeting rooms as well as a monitor at the front desk providing a better view of the back entrances.

## JUNE PRESENTATIONS

### Let's Talk About Veganism

**Tuesday, June 20**

**3:00PM - 4:45PM**

"Sprouting Compassion Seed" and "Vegan Outreach" will be sharing information on the benefits of a plant based diet. They will also 'break bread' with some delicious vegan food. Join us for this celebration of love for all beings.

Presenters: Nancy Arenas, Victor Flores & Karla Reyes, Sprouting Compassion Seed & Vegan Outreach

### Bucket Composting

**Wednesday, June 21**

**10:00AM - Noon**

Presenter: Bernalillo County Extension

### The Life of the Multi-Talented Gene Kelly

**Wednesday, June 28**

**10:00 - 11:30AM**

Come & join us and we will discover the professional and little known personal life of the remarkable movie star and dancer, Gene Kelly.

Presenter: Carol Venturini

## REMEMBER TO VISIT OUR FLEA MARKET ON TUESDAY MORNINGS THROUGH SEPTEMBER!



*If you would like to reserve a table to sell your items, tables are \$2.50 and available a month in advance. Registrations for July dates will be available at the front desk on June 1st.*

## HAPPY JUNE BIRTHDAYS!

and other obscure June celebrations:

June 1st	Heimlich Maneuver Day
June 10th	Ballpoint Pen Day
June 13th	Kitchen Klutzes of America Day
June 17th	Eat Your Vegetables Day
June 22nd	Chocolate Éclair Day
June 29th	Handshake Day

## REGULAR MONTHLY MEETINGS

### **ABQ HISTORICAL AVIATION**

1st Thursday at 7:00PM in Room 3

### **ALBUQUERQUE ACCORDION CLUB**

2nd & 4th Thursday at 7:00PM in Room 3

### **CHEROKEE SOUTHWEST TOWNSHIP**

2nd Saturday from 11:30-2:30 in Room 4

### **FISHING CLUB MEETING**

1st and 3rd Monday at 1:00PM in Room 1

### **FRIENDS OF BEAR CANYON**

2nd Thursday at 8:30AM in Room 1

### **GENEALOGY CLUB**

3rd Friday at 12:30PM in Room 4

### **PROSTATE CANCER SUPPORT GROUP**

1st & 3rd Saturday at 12:30PM in Room 3

### **SOCIABLE SINGLES**

#### Meeting

1st Tuesday at 11:30AM in Room 1

3rd Friday at 3:00PM in Room 4

#### Games

4th Thursday at 3:00PM in Room 5

### **TGIF POETRY GROUP**

1st & 3rd Friday at 1:00PM in Room 2

### **TOPS NM (TAKING OFF POUNDS SENSIBLY)**

Thursday at 8:00AM in Room 4

### **VFW Post 10763**

1st Thursday at 8:30AM in Room 1

### **ZIA SUNDIALS**

2nd Saturday at Noon

## Celebrating Our June Birthdays

**June 8th from 11:30 - 12:30**

Each month, Bear Canyon takes a moment to remember and celebrate our members who were born during the particular month. Join in song and cake on June 8th as we celebrate all those members who were born in the month of June.

Sponsored by David Riordon,  
Independent Insurance Agent

## JUNE TRIPS

### **Mary Poppins - ALT**

**Sunday, June 4**

**\$22.00**

### **Albuquerque Publishing Company Tour**

**Thursday, June 8**

**\$2.50**

### **Red Horse Vineyard Bed & Breakfast**

**Wednesday, June 14**

**\$2.00**

### **Come Blow Your Horn - Adobe**

**Sunday, June 25**

**\$16.00**

### **Out-To-Dinner**

#### **Ruth's Chris Steak House**

Monday, June 5

Check in: 4:45 p.m. Return: 8:30 p.m.

Transportation: \$2.50

### **Lunch Bunch**

#### **Conchitas's Cafe**

Thursday, June 22

Check in: 10:45 AM Return: 2:00 p.m.

Transportation: \$2.50

### **Advanced Hiking**

Thursday, June 8

#### **La Luz (Sandia Mountains West)**

Tram Fee \$15.00

Check in: 8:00 a.m.

Transportation: 5¢/mile

Thursday, June 22

#### **Tree Spring Trail To Fossil Garden**

Check in: 8:00 a.m.

Transportation: 5¢/mile

### **Aquatics-UNM Pool**

Morning Session: M, W, F

Check in: 8:00 a.m.

Advanced reservation required..

Call 880-2800 to register



## Bear Canyon's Happenings

Do you find yourself forgetting what events are upcoming? The Bear Canyon email service is a weekly listing of the events and activities at the Center as well as the newsletter and special notices of new activities and trips.

Sign up at [www.bearcanyoncenter.com](http://www.bearcanyoncenter.com) and click on the email icon on the home page.



**Wednesday, June 7**

**Check In: 5:15**

**Depart: 5:30pm**

**Return: 10:00pm**

**Cost: \$14.50**

**Sign up at the Front Desk**

## FRIENDSHIP COFFEE

Friendship Coffee is a wonderful opportunity to gather with old friends, and make new ones while enjoying a hot cup of coffee and a morning treat. The event is free thanks to the generosity of the following sponsors and supporters:

June 6	Sunshine Dental
June 13	McCurley Hearing Design
June 20	A Place for Mom
June 27	ABQ Grand



**Food Pantry**  
**June 19**  
**2:30PM to 4:00PM**

Silver Horizon's food distribution helps keep nutritious foods available to low income seniors who must make choices between buying groceries, paying utility bills, or buying medication.

For more information about the Silver Horizons Program, call 505-884-3881.

### **Geriatric Education and Health Maintenance (GEHM)**

GEHM provides a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by UNM nursing and pharmacy students.

**Monday, June 26, 9:00AM – 11:00PM**

Visit **TOPS** (Take Off Pounds Sensibly) for tips on portion management and other weight loss and maintenance information.

**Thursdays from 8:00AM – 9:15AM**

### **Chair Massage**

Did you know that Bear Canyon offers chair massages on Mondays from Noon to 3:00pm? Imagine all the tensions in your body giving way to peaceful bliss.

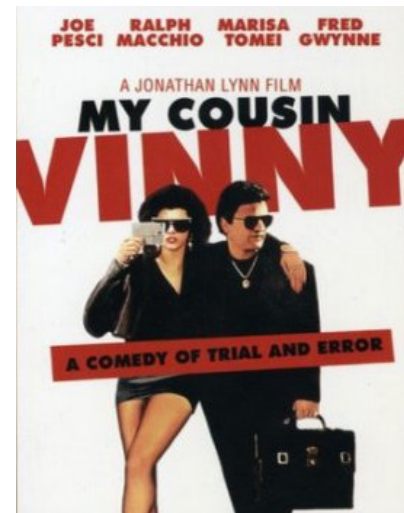
**Mondays from Noon to 3:00PM**

### **Reflexology**

A natural system of relaxation based on the principle that the body is reflected on the feet and hands. The application of pressure to these areas promotes improved circulation, balance and relaxation.

**Wednesdays from 10:00AM – Noon**

## **JUNE MOVIE MATINEE**



## **My Cousin Vinny**

**June 20th**  
**1:30PM**

New York lawyer Vinny has never won a case. When his teenage cousin Bill and his friend Stan are accused of murder in a backwater Alabama town, it's up to the nervous Vinny to save him from jail, even though he's only ever tried personal injury cases before, and none of them successfully.

Lawyers have praised the movie's realistic depiction of courtroom procedure and trial strategy. Pesci, Gwynne (in his final film) and Tomei all received critical praise for their performances, and Tomei won the Academy Award for Best Supporting Actress.





## **DRIVER SAFETY CLASSES**

1st Saturday of month, 9:30AM – 1:30PM

3rd Thursday of month, Noon – 4PM

Call 767-5959 or visit the Center to register for a class.

Cost: \$15 for AARP members and \$20 for non-members.

## **Ice Cream Dessert Social Friday, June 16 1:30 - 2:30**

In the Social Hall



Sponsored by Granfor's Realty, LLC

## **THURSDAY DANCE**

Join us on Thursdays from 6:00pm to 8:45pm for a whirl around the dance floor. Whether it is the waltz, the polka, the foxtrot, or the jitterbug, you will have fun with your partner or with someone new.

The June band schedule is:

June 1	Swing Shift
June 8	Roger Burns
June 15	Trio Bravo
June 22	Swing Shift
June 29	RECORDED

Your current membership card and \$2.50 is all you need for an exciting evening of music and movement.

## **YOUR NEIGHBORHOOD COMPUTER MAN**



*Old-fashioned, friendly  
service for high-tech devices*

**We're available  
Monday – Saturday  
and we come to you!**

For anything computer or  
electronics related.

**Phone: (505) 508-2124  
E-mail: info@yncm-abq.com**

**\$64 per hour (1 hour minimum) plus a \$10 per-trip fee.**



## **PIE, ICE CREAM AND REAL ESTATE!**

Hello my Friends of Bear Canyon Senior Center. There is nothing I like better than stopping by on the third Friday every month with Pie and Ice Cream for the Ice Cream social. I truly appreciate the many Thanks I get from a lot of you.

I have been in the Real Estate business since 2004. The Real Estate market is on an upward movement and that is good both for the economy of Albuquerque and for those who are considering selling their home. Perhaps you are considering down sizing since the children have all grown and moved on, or you may be thinking about moving into an independent or assisted living community. If that's the case give me a call and let's have a cup of coffee. I can tell you how the market is doing in your area and give you a free Market Analysis for your home specifically.

Stay Well My Friends,

Greg Gillogly, Senior Real Estate Specialist (SRES)

Granfor's Realty, LLC  
Office 505-821-1309, Cell 505-328-5277  
Email greg@granforsrealty.com



**APPLE MAC**

**Apple iPad & iPhone Workshop**

**2<sup>nd</sup> Thursday of every month,**

**10:00 am – Noon**

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Contact: Bob Reed – [reed1936@comcast.net](mailto:reed1936@comcast.net)

**APPLE MACINTOSH DAY**

**3<sup>rd</sup> Saturday of each month,**

**9:45 am to Noon**

Open to Mac users of any experience level—FREE. An open, interactive-Apple Macintosh Users meeting and workshop.

Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other “how to” Mac related topics.

Contact: Bob Reed – [reed1936@comcast.net](mailto:reed1936@comcast.net)



**WINDOWS**

**PC COMPUTER WORKSHOP**

**3<sup>rd</sup> Wednesday every month 1:30 to 3:30 p.m.**

**Bear Canyon Computer Lab**

This is a **FREE** monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. Donations are appreciated. No registration is needed. Seating is limited to the first 25 who arrive.

**Facilitators:** Harold Gottlieb and Gary Day  
Contact: Harold Gottlieb – [hbgottl2@q.com](mailto:hbgottl2@q.com)

**WINDOWS PC CLASSES AT BEAR CANYON**

For a calendar of Bear Canyon computer activities, visit: <http://www.brownbearsnw.com/freecal/bcsc>

We conduct classes on a variety of Windows PC topics. To join our email list, and receive course notifications, contact:

Gary Day (505-292-4909 or [garylday@msn.com](mailto:garylday@msn.com))  
or Walter Garrett ([bcwinclasses@gmail.com](mailto:bcwinclasses@gmail.com))

**OPEN COMPUTER LAB**  
**Mon, Wed, and Fri**  
**9 – 11 a.m.**

**iMac, PC, and iPad are**  
**available**  
**for members' use.**

## Breakfast Menu

Served 8:00AM to 9:00AM Monday - Friday

**Full Breakfast** \$1.50

2 eggs, 2 pieces of bacon or sausage,  
Hash browns, toast or tortilla

**Mini Breakfast** \$0.75

1 egg, bacon or sausage. Hash browns, toast or tortilla

**Breakfast Burrito** \$1.50

1 egg, bacon or sausage, hash browns (chile optional)

### A-la-Carte

Egg	.25
2 Pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Hash Browns	.30
Hot Cereal w/milk	.70
Side of Chile	.25

### Drinks

Orange Juice	.25
Milk	.25
Coffee or Tea	.30

## Lunch Menu

Served 11:30AM to 1:00PM Monday - Friday

### **Daily Lunch Special**

**\$3.25** for members 60 years of age and older  
See below for daily special; must be reserved by 1:00pm on the  
previous day; call 505.767.5959 for reservations

### A-la-Carte (reservations not necessary)

### Salad

Bowl	1.00
Plate	2.00

### Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
"Salad" Sandwich of the Week	1.50
Grilled Cheese	1.25
½ Sandwich	.75
Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

### Drinks

Milk	.25
Coffee or Tea	.30

## JUNE DAILY LUNCH SPECIALS

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Lunch is served from 11:30AM to 1:00PM. Reservations required by 1:00 p.m. the previous day. Call 767-5959 to reserve your lunch special. Reserved meals not purchased by 2:30PM are cancelled. Ala-Cart menu available without reservations.			<b>1</b>	<b>2</b>
			Fish and Chips	Beef Tips Over Noodles
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Chicken Fajitas	Spaghetti w/ Meatballs	Salisbury Steak	Spinach Lasagna	Pork Chops
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Blackened Salmon	Chicken Alfredo w/ Smoked Sausage	Green Chile Cheeseburger	Open Faced Turkey Sandwich	Denver Omelet
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Meatloaf	Chicken Pot Pie	Carne Adovada	Macaroni & Cheese w/ Broccoli	Fish Nuggets
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Tamale Pie w/ Cornbread	Swiss Steak	Pork Tenderloin	Rotisserie Style Chicken	Cheeseburger

Lunch Specials are subject to change without notice



# Fall Preview

## July through December 2017

The new DSA activities catalogue will be published later this month, but we wanted you to have a sneak peak at the trips, presentations, and events being offered at Bear Canyon.

**Trips Policy:** Trip Registrations begin at 9:00AM and is first come - first served. Registrations are not accepted by phone or email. Travelers must be current members and show their card. Members are limited to 3 trip registrations on the first day of sign-up.

### Registration for the following trips will be on Wednesday, July 5th

#### **Ron's Ride & Glide**

Tuesday, July 18  
\$6.50

#### **ABQ Museum "Hollywood Southwest"**

Wednesday, July 26  
\$2.50

#### **Funny Money - Adobe Theater**

Sunday, July 30  
\$16.00

#### **Ronald McDonald House**

Tuesday, August 8  
\$2.50

#### **Ron's Ride & Glide**

Wednesday, August 16  
\$6.50

#### **Great Harvest Bread Company**

Tuesday, August 22  
\$2.50

#### **The Savannah Sipping Society - Adobe Theater**

Sunday, August 27  
\$16.00

#### **Bradbury Science Museum**

Thursday, August 31  
\$10.50

#### **Ron's Ride & Glide**

Wednesday, September 6  
\$6.50

#### **Balloon Factory**

Wednesday, September 27  
\$2.50

### Registration for the following trips will be on Wednesday, September 6th

#### **Z Coil Footwear Tour**

Tuesday, October 3  
\$2.50

#### **Ron's Ride & Glide**

Tuesday, October 10  
\$6.50

#### **Recycling Center**

Thursday, October 12  
\$2.50

#### **We Have Always Lived in a Castle - Adobe Theater**

Sunday, October 15  
\$16.00

#### **Casa San Ysidro**

Tuesday, October 17  
\$2.50

#### **Harrell House Bug Museum**

Wednesday, October 25  
\$8.50

#### **Ron's Ride & Glide**

Thursday, November 2  
\$6.50

#### **Popcorn Cannery**

Tuesday, November 7  
\$2.50

#### **Coffee 101- NM Pinon Co.**

Thursday, November 9  
\$2.50

#### **Santa Fe National Cemetery**

Wednesday, November 15  
\$7.00

#### **Morning's at Seven - Adobe Theater**

Sunday, November 19  
\$16.00

#### **Christmas in Madrid**

Saturday, December 2  
\$7.00

#### **Ron's Ride & Glide**

Tuesday, December 5  
\$6.50

#### **Holiday Shopping in Old Town Plaza**

Thursday, December 7  
\$2.50

#### **Charley's Aunt - Adobe Theater**

Sunday, December 10  
\$16.00

#### **River of Lights**

Tuesday, December 12  
\$3.00

#### **Bugg Holiday Display - Harvey House**

Thursday, December 14  
\$7.00

YOU CAN SIGN UP FOR ANY OF THE FOLLOWING PRESENTATIONS AT THE FRONT DESK AFTER JULY 5TH. SPACE IS LIMITED SO WE SUGGEST YOU REGISTER QUICKLY BEFORE THE SEATS ARE ALL RESERVED.

### **Healthy Eating to Control Cholesterol**

**Wednesday, July 12 from 10:00 - 11:00AM**

*Learn how different foods can affect your cholesterol levels. Which ones should you limit or avoid?*

Presenter: Humana

### **Home Composting Basics**

**Wednesday, July 19 from 10:00 - Noon**

*Learn the science, art, materials, methods, benefits and choices for home composting.*

Presenter: Bernalillo County Extension

### **Guardianship and Conservatorship**

**Wednesday, August 2 from 10:00 – 11:00AM**

*We'll be covering what these proceedings are, when they become an issue, why they can be so costly for seniors and their families, and how to avoid these proceedings through the execution of powers of attorney (for health and finances).*

Presenter: Senior Law Office

### **Plotting a Mystery is Fun**

**Wednesday, August 9 from 10:00 - 11:00AM**

*Consider these sentences: "The king died. The queen died." Then modify them slightly to: "The king died. The queen died after a celebration." Now you have a plot, probably of a mystery.*

*You're ready to explore how I build the plots in my thrillers and my short stories. You may decide you want to write a mystery. At the least, you may become a better storyteller.*

Presenter: Janet Greger

### **Reverse Mortgage**

**Wednesday, August 16 from 10:00 - 11:00AM**

*Attend an informal discussion about Reverse Mortgages. Often misunderstood, Reverse Mortgages can be highly beneficial for those who wish to utilize their largest asset, their home equity. Leading economists agree that this program will be a major resource of funds for retiring Americans. Your financial health and quality of life may take a huge leap forward. Please join us to learn about the New Reverse Mortgage program.*

Presenter: Amanda Snow

### **Raised Bed Gardening**

**Wednesday, August 23 from 10:00AM - Noon**

*Raised Bed Gardening offers many excellent management options for high desert gardening. They are relatively inexpensive; contain soil, mulches and irrigation devices as well. The presentation will include a discussion about materials, design, location planning and soil, watering and shading options for the high desert.*

Presenter: Bernalillo County Extension

### **American Bone Health**

**Wednesday, August 30 from 10:00AM - Noon**

Presenter: Osteo Strong

### **Funny Aspects of Weight Loss**

**Wednesday, September 6 from 10:00 - 11:00AM**

*In this session, learn about recent diet research and how to spot useful diet and exercise ideas. JL Greger was nutrition professor at the University of Wisconsin-Madison and couldn't resist putting many of these ideas in her mystery novel, Murder...A Way to Lose Weight.*

Presenter: Janet Greger

### **Power of Attorney Clinic**

**Wednesday, September 20 from 10:00 – 11:00AM**

*SCLO will assist seniors in executing power of attorney forms for healthcare and finances, as well as cremation authorization forms. Please bring identification, as well as the names and contact information of people you wish to appoint as your agents.*

Presenter: Senior Law Office

### **Composting in Tumbling Bins**

**Wednesday, September 27 from 10:00AM - Noon**

*Class will cover basic composting science in the high desert with a specific focus and unique recommendations / tips for success using tumbling composting bins.*

Presenter: Bernalillo County Extension

### **Osteogenic Loading for Fracture Prevention**

**Wednesday, October 4 from 10:00AM - Noon**

Presenter: Osteo Strong

### **Low Vision-Non Surgical Options**

**Wednesday, October 11 from 10:00AM - 11:00AM**

*When you can no longer see well enough to do what you want to do.*

Presenter: Dr. Dulce Walker, O.D. Optometrist

### **Composting w/Worms**

**Wednesday, October 18 from 10:00AM - Noon**

*This class will cover the science, materials, methods and benefits of home composting with worms.*

Presenter: Bernalillo County Extension

### **Putting the FUN back into functional**

**Wednesday, November 8 from 10:00AM - 11:00AM**

*Finding ways to maintain your ability to do what matters to you! We will discuss how some tips for adapting to or preventing functional decline for seniors. Instructor, Cindy Brown is Training & Resource Manager and LBSW Social Worker at Home Instead Senior Care, here in Albuquerque. This presentation will be both fun and informative.*

Instructor: Cindy with Home Instead Senior Care.

### **Improving Desert Soil**

**Wednesday, November 15 from 10:00AM - Noon**

*Learn how to work with your desert garden soil to improve structure and fertility.*

Presenter: Bernalillo County Extension

### **Explorers Christopher Columbus and Amerigo Vespucci**

**Wednesday, December 6 from 10:00AM - 11:00AM**

*Whether Christopher Columbus is viewed as a hero or a villain, he certainly has achieved over the centuries almost mythical status. Go to any library and you will find books regarding his famous voyages. So renowned were his exploits that two continents were named in his honor. Wait, that's wrong!! North and South America were named for another lesser known explorer Amerigo Vespucci. How did that happen? This presentation will disclose the real lives and exploits of both of these two European adventurers and how America acquired its current name.*

Presenter: Carol Venturini

### **Bucket Composting**

**Wednesday, December 13 from 10:00AM - Noon**

*This class will cover the science, materials, methods and benefits of composting in a bucket with the Bokashi method*

Presenter: Bernalillo County Extension

### **Cooking with Compassion**

**2nd Tuesday 1:00 – 3:00PM**

**Starting July 11th**

*This class will introduce you to cruelty free products, teach some kitchen hacks, and demonstrate how easy it is to adapt a healthier way of eating.*

Instructor: Nancy Arenas

### **Intro to Water Color**

**Thursdays (July 13-Aug 10)**

**from 9:00 - 11:00AM**

**Cost: \$10.00 plus materials**

*For those interested in learning basic watercolor painting techniques and general practices including materials, composition, values, perspective and technique.*

Instructor: David Wimsatt

### **Beginning Pottery**

**Thursdays (Aug 24 – Dec 14)**

**from 8:30 – 11:30AM**

**Material fees apply**

*Learn the fundamentals of creating art with clay. This 15 week class will focus on basic hand building projects such as coil pots, slab vessels, and sculpture. All work will be fired in the studio.*

Instructor: Christine Evans

### **Intermediate Pottery**

**Wednesdays (Aug 23 – Dec 6)**

**from 1:00 – 4:00PM**

**Material fees apply**

*This 15 week class is for students who have proficient knowledge and will cover a variety of clay projects including sculpture, hand built pottery, pottery on the wheel, glaze finish and surface design. All work will be fired in the studio.*

Instructor: Christine Evans

### **Pottery Open Studio**

**Fridays (Aug 25 – Dec 15)**

**from 1:00 – 4:00PM**

**Material fees apply**

*Open Studio is for proficient students who wish to further explore projects independently. All work will be fired in the studio.*

Instructor: Christine Evans

JULY 2017 THROUGH DECEMBER 2017 PREVIEW

CLASSES

**ACTIVITIES****Oso Canyon Art Fest****Saturday, November 4 from 9:00AM - 3:00PM***The 26th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Artists can register as a vendor (table rental is \$40) starting August 1, 2017.***Tree Trimming****Friday, December 1 from 11:00AM - Noon***Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies.***LUNCHEONS****Wild, Wild West Luncheon****Friday, September 22 from 11:30AM - 1:00PM***Saddle Up! Put your boots on and mosey on over to Bear Canyon for a Rootin' Tootin' good time! Reservations required, luncheon tickets go on sale September 1st.  
\$4***Halloween Scare****Friday, October 27 from 11:30AM - 1:00PM***Join us for a Spook-Tacular good time. Costumes not required but encouraged! Reservations required, luncheon tickets go on sale October 2nd.  
\$4***Harvest Luncheon****Friday, November 17 from 11:30AM - 1:00PM***Let us be thankful together. Join us for Bear Canyon's annual Harvest Luncheon. Reservations required, luncheon tickets go on sale November 1st.  
\$4***Holiday Luncheon****Friday, December 22 from 11:30AM - 1:00PM***Celebrate the season with your friends at Bear Canyon for our annual Holiday Luncheon. Reservations required, luncheon tickets go on sale December 1st.  
\$4***DANCES****Sock Hop Dance****Thursday, August 31 from 6:00 - 8:45PM***Let's Shake Rattle and Roll on over to Bear Canyon for a Sock Hop Dance, Entertainment by the Classic 45's.  
\$3.00***Oktoberfest Dance****Thursday, October 12 from 6:00 - 8:45PM***Hey, it's time to jump into your dirndl and lederhosen and yodel your way to our haus. Bear Canyon's celebrating Oktoberfest, Entertainment by Roger Burns.  
\$3.00***Black Tie Evening Dance****Thursday, November 2 from 6:00 - 8:45PM***Wear your finest sequins and bowties, Entertainment by Swing Shift  
\$3.00***New Year's Eve Dance****Thursday, December 28 from 6:00 - 8:45PM***Ring in the New Year at Bear Canyon Senior Center, with dancing, refreshments, party favors and Entertainment by Swing Shift.  
\$3.00*